

ELLINGTON RECREATION DEPARTMENT 2006 FALL PROGRAM FLIER



Address:

31Arbor Way/P.O. Box 187

Office Hours:
Monday 8:30 am-6 pm Friday 8:30 am-1:30 pm

Email: recreation@ellington-ct.gov

Tuesday-Thursday 8:30 am-4:00 pm

Phone: (860) 870-3118 **Fax:** (860) 870-3198

www.ellington-ct.gov

General Information In the event of snow or bad weather, the Recreation Department will put all program cancellations on television. Tune into Channels 3, 30 and 8 to check if there is a cancellation which will be listed under 'Ellington Recreation Department. We reserve the right to limit class size and to cancel classes failing to meet minimum requirements. Ellington residents are given preference for all programs during the first week of registration.

Registration: All Registrations are currently being accepted in the Recreation Office by computer entry during regular office hours (see hours above). Beginning September 25, 2006, online registration will be available via the Town's website ~ www.ellington-ct.gov (see below).

<u>Payment</u>: Registration is not considered valid until the program fee is paid in FULL. We accept checks, cash and credit cards*. Make checks payable to the TOWN OF ELLINGTON.

- Non-Residents: Add \$5/program/participant.
- <u>Refunds</u>: Refunds are given only prior to the start of classes or if we cancel the program. Requests for refunds must be in writing and are subject to a \$3 processing fee.

Sponsorship Opportunities: Ellington businesses continue to support the Town of Ellington Recreation programs, as well as promote their respective businesses. Opportunities for sponsorship include sponsoring athletic teams. Contact Bob Tedford at the Recreation Office (870-3118) if you would like to discuss the possibilities.

<u>ADA Statement</u>: The Recreation Department complies with the Americans with Disabilities Act (ADA) prohibiting discrimination on the basis of disability. ADA requires that recreation programs be implemented in the most integrated setting possible, appropriate for each individual. Persons with disabilities are encouraged to contact the Recreation Department regarding any accommodations needed to assist with participating in, and the enjoyment of, any program or event.

<u>Insurance</u>: All persons participating in Ellington Parks and Recreation Programs should carry their own personal health insurance. The Town of Ellington is not responsible for personal injuries. Participants in Recreation Department-sponsored programs do so at their own risk. Only those enrolled in the program may attend. Sorry, children will not be allowed in the classroom or gymnasium during adult programs, and siblings must remain seated and not disturb youth classes.

Employment Opportunities: The Recreation Department employs part-time personnel for various seasonal positions including Waterfront Staff, Day Camp Staff, Referees, Umpires and Instructors who can share their special skills with the community. Pick up an application at the Recreation Office ~ 31 Arbor Way.

Online Registration begins September 25! The Ellington Recreation is very excited to offer a new, convenient online service that will enable participants to identify their interests and sign up for programs and activities within the designated registration

participants to identify their interests and sign up for programs and activities within the designated registration periods. We have invested over a year of time and resources to research the best options for our community and determined that Active Network, Inc. will provide the best and more economical delivery of our recreation services. As our Town continues its rapid growth, we look forward to meeting the needs of our community through convenient services that alleviate long lines and travel during business hours. By making online registration services for classes, programs and activities available 24/7 via the Internet, the department can reallocate staff time to increase services and reduce the paperwork required to process registrations. Active's internet registration makes signing up for programs simple, fast and convenient. The community can search for activities; view program details, schedules and availability; register in just minutes; and pay online with a credit card, when and where it's most convenient for them. As an added convenience, registrants will receive an e-mail immediately following an online transaction to confirm their enrolment in a program.

Online Registration begins **September 25**—Registering is EASY! To access the Recreation Department's new online service, please visit the Town of Ellington's website at www.ellington-ct.gov, select 'Town Services'; select 'Parks & Recreation' or call 870-3118 for more information.

*Note: A service fee will be applied when using a credit card.

ADULT SPORTS

Program	ID CODE	DATES	ТімЕ	AGES	FEE	LOCATION
Men's Volleyball	0101.501	Thursdays Starting Sept. 28	7:30-9:30 pm	18 + up	\$20 Residents \$25 Non-Residents	Windermere School
Women's Volleyball	0102.501	Wednesdays Starting Sept. 27	7:00-9:00 pm (Until 12/7/06) 7:30-9:00pm (12/7/06 On)	18+ up	\$20 Residents \$25 Non-Residents	Windermere School
Co-Ed Volleyball	0103.501	Wednesdays Starting Sept. 20	7:30-9:30 pm	18+ up	\$20. Residents \$25 Non-Residents	Middle School
Men's Informal	0104.502	Monday Evenings	5:30-7:00 pm	18+ up	\$20 Residents	Windermere School
Basketball (2 locations)	0104.501	Sept. 11 thru June 2007	5:30-9:00 pm	Over 30	\$25 Non-Resident	Middle School
Tennis Lessons			6:00-7:00 pm	Beginner		
Ages 15 and up	0105.401	Sept. 26, 28, Oct. 3, 5	7:00-8:00 pm	Intermediate	\$24 per session	Brookside Park
Morning Tennis	0105.402	Sept. 28 Oct. 3, 5, 10, 12, 17, 19	9:30-11:00am	All Levels	\$36	Brookside Park
Adult Competitive Basketball	0109.501	First Week of Nov. Thursday Evenings	7:15-9:30 pm	18+ up	Team Fee \$480.00	Middle School
Women's Informal Basketball	0110.501	Monday Evenings Oct. 2-April 9	7:30pm-9:30 pm	18+ up	\$20 Resident \$25 Non-Residents	Center School
Informal Soccer Sunday	0111.501	Sunday Mornings Ongoing	9:00-11:30 am	18+ up	N/A	Brookside Park
Adult Indoor Soccer Co-ed	0112.401	Starting Oct. 18-April	7:00pm-9:30pm.	18 & up	\$20.00	Brookside Park
Adult Badminton Instruction Available	0113.401	Oct 3, 10, 17, 24, 31	7:30-9:00 pm	18 & up	\$20 Residents \$25 Non- Residents	Windermere School
NYSCA Coaches Clinic	0507.401 0507.402	Sept. 26 Oct. 24	6:00-8:30pm	18 & up	\$15	Arbor Commons 2
Woman's Outdoor Soccer	0115.401	Saturday Mornings	8:30-12 noon	25 & Older	TBD By team	Brookside Park
In conjunction with the Eastern CT Women's Soccer league, a competitive soccer program sponsor						

ADULT & CHILDREN MINI-PROGRAMS (Adult in Bold)

ACTIVITY	ID CODE	DATES	Тіме	AGES	FEE	LOCATION
Adult Karate	0502.401 0502.402	Session 1: Sept. 28 Oct. 5, 12, 19, 26, Nov. 2 Session 2: Nov. 9, 16, 30, Dec. 6, 13, 20	6:45pm- 7:45pm.	18 & up	\$45 per session	Windermere Gym
Women's Self-Defense	0503.401	Oct. 13 & 27	6:00pm - 7:15pm	12 + up	\$5 per week	Center School Inst.: Todd Sise
Jukido All Skill Levels	0504.401 0504.402	Session 1: Sept. 28 Oct. 5, 12, 19, 26, Nov. 2 Session 2: Nov. 9, 16, 30, Dec. 6, 13, 20	5:30 pm- 6:45 pm	6 + up	\$40 per session	Windermere School Gym
CPR/First Aid	0505.401 0505.402	Session 1: Sept. 25 & 27 Session 2: Oct. 17 & 19	6-9 pm (6 hour course)	All Coaches	\$10 per session	Arbor Commons 2 Inst. M. Bartley
Adult Tap Dance	0506.401 0506.402	Session 1: Sept. 11, 18 & 25 Session 2: Oct. 2, 16, 23, 30	7:15pm- 8:15pm	18 & up	\$18 \$24	Windermere Inst.T. Giordano
Pen & Ink	0522.401	Oct. 17, 24, 31 Nov.7, 14	10:30-Noon	18 & up	\$20	Arbor Commons
Basic Drawing Youth*	0513.401	Tues. Evenings, starting Oct. 10 (4 weeks)	5:00-6:00 pm	Grades 1-6	\$30	Arbor Commons
Basic Drawing Adult*	0513.401	Tues. Evenings, starting Oct. 10 (4 weeks)	6:15-7:30 pm	18 & Up	\$35	Arbor Commons
Community Holiday Chorale	0510.401	To be determined by interest	Evening/ Weekends	ALL	N/A	Varies
Youth Informal Volleyball	0120.401	October 4, 11, 18, 25 Nov 1	6:00-7:15 pm	Grades 5-8	\$10	Ellington Middle School
Music & Movement for Tots **	1103.402	Sept. 27, Oct. 4,11,18,25, Nov. 1,8,15	9:30-10:15 10:30-11:15	1-3 Years	\$60	Arbor Commons

^{*} Basic Drawing: A course designed to teach an aspiring artist to enjoy and relax. Topics include shapes, contour line, value, shadows, texture, etc. Youths and adults will have the opportunity to experiment with drawing different images. Supplied provided.

^{**} Music & Movement for Tots: A wonderful group experience for children ages 1-3years. Come sing, dance, play, and move to the beat. This stimulating program will introduce children to a variety of music and instruments. The program will be conducted by Ellington's own, Jill Maznicki. She is an experienced teacher with a degree specializing in Early Childhood Education. Jill will lead the class in finger plays, songs, bounces, as well as developmentally appropriate group activities. Children will gain increased attention span, learn valuable social skills, and attain a greater awareness of self and others. So don't wait, parents, grandparents, aunts& uncles, caregivers too...march on in and sign up that special little someone in your life! Adult participation required.



MUSICAL THEATRE:

Boys and girls in Grades 5 through 8 ID Code: 0803.401



Tentative Dates: last week of November or the first week of December. Tentative days of the week for rehearsal include Friday afternoons and Saturday mornings.

From the first reading to production day, make friends, build your confidence and have a great time!!! Get involved in this mini-musical. Boys and girls in grades 5-8 are invited to take part in a local production and perform for the community.

There is a NEED for assistance in set design and costume creation too.

Fee: ANYONE reading for a part in the musical will be assigned a part fee, to be determined by enrollment.

Contact the Recreation Department to indicate interest no later than MID-SEPTEMBER! Call us now so that you won't forget.

INTRODUCTION TO KNITTING

Youth and Adults @ Yards of Yarn, 80 West Road

Age	Date	Time	ID Code
5th-6th Grade*	Oct. 2,9,16,23	3:30-4:30 p.m.	0811.401
7th-8th Grade*	Oct. 3,10,17,24	2:30-3:30 p.m.	0812.101
9th-12th Grade*	Oct. 5,12,19,26	2:30-3:30 p.m.	0812.102
Adult	Oct. 3,10,17,24	7:00-9:00 p.m.	0813.401

Cost: Youth: \$40/4 classes+\$15 Starter Kit / Adult: \$56+cost of materials

Elementary projects: Belt to wear over jeans/headband to match;

Middle School: Small shoulder bag:

High School: Winter skull cap and matching cell phone carrier.

*Transportation from respective schools to Yards of Yarn will be arranged.



Teen Field **TV Production** Workshop



Ages 13-18

3 sessions, 2-1/2 hours each

Participants will learn to make a TV show on location using cameras, tripods and audio equipment. The concept of this program is to eventually begin filming town-wide activities offering PEG access Channels 5, 17 or 17 as shown on the Comcast Cable Basic Tier.

Parent & Child Studio Production Workshop Ages 8-11

3 sessions, 2-1/2 hours each

Participants will learn how to make a TV show in the Community Channel Studio. Children and parents will learn how to run cameras, do graphics, audio and direct talk show programs.

Ages 18 + Over

The Recreation Department's intent is to be able to bring together adults who are interested in TV production with students, to work together in creating community-wide TV programming.

Sessions will begin in early October. Training will be provided by the Community Voice Channel, located at the CVC Studios, 105 Notch Road, Bolton, CT.

Fee: None ID Code: 08130.402

HARVEST FEST
A Town-wide Harvest (Fall) Fest Family Celebration

October 28th at Brookside Park from 10am-12noon

Pre-registration at the Recreation Department is required no later than October 17.

Family donation: \$10 per family. ID Code: 0810.401



No age requirement, just the willingness to have fun!! No special skills required, just the interest in enjoying a hayride, participating in a pumpkin decorating contest and partaking in refreshments, highlighted by hot and cold apple cider and donut holes.

Coming Soon! Youth Services Halloween Happenings

Games, Prizes, Crafts and Trick & Treating for 3rd graders and younger. Pre-school and toddlers welcome ~ Adult must accompany children.

ID Code: 1201.401 For information call Youth Services at 870-3130



Date: Oct. 27 ~ 6-7:30PM at Ellington High School \$5per child, families of 3 or more \$12

Volunteers Needed!!!! For Halloween Happenings to help decorate, run games and pass out candy.

PRE-SCHOOL - TEEN PROGRAMS

ACTIVITY	ID CODE		DATES	TIME	AGES	FEE	LOCATION
Youth Co-ed	1101.401			5:15-6:30 pm	3-4 Grade		Middle
Informal Basketball	1102401	Sept. 28 Oct. 5, 12, 19, 26		6:30-7:45 pm	5-6 Grade \$	\$5	School
Dasketball	1103.401			7:45-9:00 pm	7-8 Grade		
Tennis: Teeny-weeny & Pee Wee	0508.401 0509.401		Oct.7, 14,21 Oct. 7, 14, 21	10:00–10:45am 11:00-11:45am	3-5 years 5-7 years	\$24 per session	Brookside Park
Make Your Own Puppet	0601.401	Oct. 17, 2	24, 31 Nov. 7, 14	9:30-10:30 am	3-5 year old	\$25	Arbor Commons
CPOHEART	1004.401	Session 1	1: Oct. 3 & 5	2.00 6.00	11—15		Arbor
Child and Babysitting	1004.402	Session 2	2: Oct 17 & 19	3:00-6:00pm 6 hour class	years Boys	\$4	Commons 2
Safety Course	1004.403	•	3: Nov 7 & 9		&	Per session	For all
	Transportat	tion is not	provided to the Recreation	Girls		sessions	
CPR for Infants	1004.406	Session 1	1: Oct. 9	11:00-12:30 pm	14 & Up	\$35	Arbor Commons
	1004.407	Session 2: Nov 6		5:30-7:00 pm			Commons
Actor's Workshop	0520.401	Session 1: Oct. 16 Session 2: Nov. 6		4:30-7:00 pm	6-11years	\$30	Arbor
	0520.402			4.30-7.00 pm	0-11 years		Commons
Scrapbooking	0000 401	Oct. 12	Participants snould	6:30-7:30 pm	7.14	\$15	Arbor
	0808.401	Oct. 21	bring their own pictures	10:00-11:00 am	7-14	\$13	Commons
Youth Multi	0515.401	Sept 29 Oct. 13, 27 Nov 3 Oct. 6, 20 Nov. 3 & 17		7:00-8:30 pm	5th & 6th \$18	EHC	
Sports Night	0515.402				7th & 8th	\$18	EHS
After School	0516.401			4:00-6:00pm	Grades K-4	¢95.00	V
Bowling Program* (8 weeks)	0516.402	Nov. 1, 8	Oct. 4, 11, 18, 25 3, 15	3:00-5:00pm	Grades 5-8	\$85.00	Vernon Lanes
Informal Co-ed Basketball	1119.101	Fridays, starting Sept. 29		7:15-9:00pm	Grades 9-12	\$15	Center School
Indoor Fall Softball Clinics	0517.401	Sept. 29,	Oct. 6, 13, 20	6:00pm - 9:00pm	3/4 Grades 5/6 Grades 7/8 Grades	\$5	CLS OR EHS TBA
Intro to Fashion Design	0519.401 0519.402		1: Oct 23 2: Nov. 13	4:00-6:00pm	Ages 10-14	\$30	Arbor Commons
Youth Jazz- Ballet Class * *	1103.401		1: Oct. 5,12,19,26 2: Nov. 2, 9,16,23	5:50-6:30 pm 6:30-7:30 pm	Ages 5-7 Ages 7-10	\$20 Per session	TBD

^{*} After School Bowling Program: Children bused from schools to Vernon Lanes. Parents pick up at Vernon Lanes. Fee includes 2 hours of bowling, shoes, bus, and pizza party at the end of program

^{**} Youth Jazz-Ball Class: First 1/2 hour will be designed around basic stretched and intermediate ballet steps, going through the 5 positions of ballet. The second 1/2 will be more up-tempo with a NEW routine taught each week. Wear soft bottom sneakers.

FALL 2006

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FALL SOCCER 2006

The Recreation Department's Fall 2006 Soccer Program encompasses children ages 4 through 14. The <u>Instructional program</u> is held on Saturday mornings only. The <u>Recreation</u>

<u>Division program</u> (grades 3 through 8) has begun practice. Travel Team selections have been completed and teams in the U-10, U-12 and U-14 age groups will compete versus surrounding towns. <u>Late registrations will be accepted</u> for the Recreation and Instructional programs at the Recreation Office. **Fees: \$22.00 Instructional;\$24.00 Recreational Division**

Dear Soccer participant, enthusiast, spectator!!!

Each year brings larger program enrollments and the need to ensure that staffing, equipment and maintenance are appropriate. In order to maintain existing services and to continue fostering successful youth programs we are asking for active volunteer participation from parents, teenagers and the community.

Coaches' Needed! Coaches' educational training dates; Coaching Coordinators Mike Pantuosco and Laura Mulka will provide training. NO FEE. Pre-registration is mandatory even if you are only available to attend 2 of the 3 clinics. A clinic date will be arranged for the early part and late part of September

Seeking New Referees! We are looking for assistance with recruitment of new officials or individuals interested in becoming an official.

Fundraising Assistance: During the recent budget deliberations the budget reduction has created a financial dilemma the Parks and Recreation Commission is attempting to solve either through revenue enhancements or through community support. This may involve organizing a one-time event like a dance, an auction or chairing opening day. Setting up and sustaining a "Friends of Recreation Incorporated Fund" is another goal. Maintaining the continued success of this program while experiencing decreased funding will require increased fundraising and volunteerism. Please check the areas in which you would be willing to help:

you would be willing to help:		
Name	Address	
Phone #	E-mailE	
□ Coach/Assist □ Field Preparation	☐ Fundraising ☐ Donor ☐ Opening Day Chairperson (Sept. 16) ☐ Dance	e
 "Friends of Soccer" Endowment Prog 	gram Auction Clerical Referee Other	
Availability? □ Days □ Evenings □	Weekends	
Respond to: 31 Arbor Way, P.O. Box	187, Recreation Dept. Ellington, CT 06029 Email: rtedford@ellington-ct.go	V
Questions/Comments: Fundraisings: La	aura Mulka, socermama64@sbcglobal.net;	
Coaching: Mik	e Pantuosco, mikep@paquetteelectric.com.	

Tri-Town Tennis (OPEN) Tournaments

The Towns of Ellington, Vernon and Tolland are offering tennis tournaments in many age/grade levels on the following weekend:

<u>Dates</u>: October 7 & 8, 2006 (a rain date to be determined)

ID Code: 0801.401

Eligibility: Legal resident of any of the three communities.

Fee: Singles: \$4 per person / Doubles: \$7 per pair

Each pair or single required to bring a new can of tennis balls. Single elimination, best 2 out of 3 sets.

<u>Locations TBD:</u> Brookside Park in Ellington, Rockville High School or Henry Park in Vernon, Tolland High School or Crandall's Park in Tolland.

TOPS Soccer (the outreach program for Soccer)

The Ellington Recreation Department is seeking Middle School & High School age volunteers in September to help provide assistance with a TOPS Division.

TOPS is open to players who are physically challenged as well as other disabilities. Contact Bob Tedford @ 870-3118



HOT SHOT BASKETBALL SHOOTING CONTEST

AT THE ELLINGTON MIDDLE SCHOOL ~ NOVEMBER 18

Each player will have one-minute to shoot from designated "hotspots" placed on one-half of the court. The contest challenges a players speed, shooting, dribbling and rebounding ability. The top scorer moves on to the next level of the contest within Tolland County, and ultimately qualifies for State level qualification. Age corresponds to the age of the child on or before December 31, 2006.

Pre-Registration required no later than November 15

Boys & Girls

Age groups:

9-10 ID Code: 0802.401 11-12 ID Code: 0802.402 13-15 ID Code: 0802.403

Fee: \$5 per player

Parent/Child portion will be scheduled.



Mad Science After School Program

8 weeks of fun and science Grades 1-8 Time: 3:15-4:45 pm Cost: \$99 Location: Center, Windermere & Crystal Lake Schools

Windermere: Oct. 5, 12, 19, 26 Nov. 2, 9, 16, 30 ID Code: 0604.401 Center: Oct. 5, 12, 19, 26 Nov. 2, 9, 16, 30 ID Code: 0604.403 Crystal Lake: Oct. 3, 10, 17, 24 Nov. 7, 14, 21, 28 ID Code: 0604.402

Week 1: WATTS UP-Learn about electricity. Make indoor lighting while conducting hair-raising experiments with a electro-static generator.

Week 2: MAGNETIC MAGIC-Investigate the powers and daily uses of magnets. Take home your own floating magnet kit!

Week 3: OPTICAL ILLUSIONS-Build your own periscope. What celebrity images change before your every eyes!

Week 4: SONIC SOUNDS-Discover sound and the way household items can be used to create amazing movie effects. Use a multi-effects processor to make a cassette tape of your own cool special effects.

Week 5: SLIME-Explore the exciting world of polymers and the chemical reactions used to create silly putty.

Week 6: TANTALIZING TASTE-Experiment with taste sensations while mapping your tongue. Carbonate and taste your very own soda pop.

Week 7: HARNESSING HEAT-Witness a mini rocket launch. Turn solid candy into floss and make your own cotton candy.

Week 8: LIGHTS COLOR ACTION-Build your own Newton color wheel

Journey Adventure Program



Age: 6th grade **Fee:** \$35 **ID Code:** 1201.403

Place & Time: students bussed from Windermere to Middle School Parent pick up at 4:30 pm

Dates: Oct. 10, 12, 14, 17, 19, 24, 31

Experiences that will teach responsibility, and respect for self, others and surroundings. Your children will have fun and rewarding time in active game playing while learning and laughing. Topics include: Creative problem solving, decision making, leadership, teamwork, communication, relationships and relaxation techniques. The students participate in a high ropes course in Bristol CT. Additional forms will be need for the high ropes course. They will be mailed to your home when you are registered.

Instructors: Chantal Haracsy, Catherine Lebron, Margie Girardi

In Between: Not a little girl...but not yet a teenager



Age: 5th & 6th girls **Fee:** \$10

Time: 5:00—6:00 pm

Dates: Nov. 13, 20, 27 Dec. 4, 11, 18

Location: Arbor Commons

ID Code: 1201.405

A group for girls, a fun, safe place to discuss the issues pre-teens are facing today including, peer pressure, body image, relationships, feelings and friendships. There will be discussions, media and hands-on activities used through out the program. Instructor: Diane Lasher-Penti

FRIDAY NIGHT DOWNHILL SKIING SNOWBOARDING



Registration begins on <u>NOV. 1ST.</u> An updated registration packet will be sent through the public schools and also will be posted on the Town of Ellington website.

Tentative dates: Jan 14, 28 Feb. 11, 20 Time: 10 am-6 pm ID Code: 0804.101

Rentals of skis/snowboards/boots are separate from the registration fee. Fees to be determined. Fees are not adjustable or pro-rated.

FREE skiing for chaperones! If you are interested in chaperoning, call the Recreation Department at 870-3118.

A minimum of 30 registrants will be required in order to provide bus transportation.

Choices for 3rd & 4th Grade Boys:

Age: 3rd & 4th grade boys **Fee:** \$10 **ID Code:** 1201.404

Place: Arbor Commons Time: 5-6pm Dates: Sept. 25 Oct.2, 16, 23, 30 Nov 6

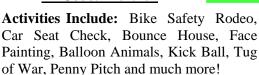
The Children will have fun and enriching time while strengthening essential life skills. The skills being focused on will be; communication, gaining self confidence, control and dealing with emotions, learning how to appropriately express yourself and leadership.

Instructor: Diane Lasher-Penti M.S.

Family Fun & Safety Day

September 22 9:00-Noon ~ Brookside Park Fee: \$5 per family

ID Code: 1201.402



This is a teacher in-service day, so enjoy some safe family fun. Please bring a canned food item to donate to the town's food bank.

WEIGHT TRAINING FACILITY

Pre-Registration is required

A renovated strength and conditioning facility at Ellington High School will be available in October for use by Ellington residents 14 years and up. The facility features a complete line of new equipment including: A Smith machine, squat and hack squat racks, a calf machine, bicep and triceps machines, lat pull down machines, as well as adjustable benches and an array of dumbbells. The facility will be staffed by a Recreation Supervisor who will conduct orientations and facilitate proper care and use of equipment.

Open use at the Fitness Center during the hours and dates posted will be in effect unless the size of the facility does NOT allow for adequate use by the registrants. If that occurs, the Town of Ellington reserves the right to readjust the scheduled use of the facility and may implement a specific time frame/pre-registration format, on a weekly basis. Further, the Town of Ellington reserves the right to reduce or revamp the Fitness Center's operational hours based on the actual number of registrations and payments received. Revenue collected for the operation of the Center will cover the costs of staffing the facility and contributing toward the upkeep of the equipment.

Session 1: Oct. 3, 5, 10, 12, 17 Session 2: Oct. 24, 26, Nov. 1, 3, 7, 9 ID Code: 0116.402

ID Code: 0116.401

<u>Time</u>: 7pm-9pm <u>Ages:</u> 14 and up <u>Fees:</u> \$25/session

Saturday hours starting December 10... Check the website www.ellington-ct.gov for details

High School Students Only

Students ages 14-18 on Fridays from 8-9:30pm. Not sure what the lifting craze is all about? We can assist you in developing a workout to help you achieve your strength or toning goals. What are you waiting for?

Town of Ellington Fitness Policy

- Group Exercise Classes and Weight Training times are subject to cancellation due to Board of Education activities.
- Programs will not be held on the following dates due to closure of Ellington Public Schools October 9, 23; November 10, 22, 23, 24; December 24, 25; January 1, 15; February 19; April 6
- All participants must complete registration forms and A Physical Activity Readiness Ouestionnaire. A physicians referral may be required before participation.
- Children 14 years and older are welcome with a participating adult.

Pilates

Mondays, 7:30pm - 8:15pm @ Center School

Session 1: Sept. 25 Oct. 2, 16, 30 **ID Code: 0117.401 Fee: \$30** Session 2: Nov. 6. 13, 20, 27 Dec. 4, 11 **ID Code: 0117.402** Fee: \$40 With an emphasis on breath, core conditioning and body awareness, Pilates exercise is a safe and effective way to stretch, strengthen and streamline your body. The perfect complement to cardiovascular exercise. Bring a sticky mat, water bottle, and stability ball. Instructors: Joanne Britton & Davender

Kripalu Yoga

Thursday Evenings 6:30-7:45pm @ Hall Memorial Library

Session 1: Aug 6-Sept 21 **ID Code: 0119.401** Session 2: Sept. 28-Nov. 2 **ID Code: 0119.402y**

Session 3: Nov. 9-Dec. 21 **ID Code 0119.403**

Fee: \$40 per 6-wks

Come see for yourself why millions of Americans practice Yoga regularly. Strengthen and tone muscles, increase flexibility, release stress and learn to relax. Instructor Wayne Morganson is a multi-certified instructor at a fraction of the studio rates. Please bring a mat, towel, or small blanket and wear loose fitting clothing.

Fitness Fusion

Wednesdays 7:30-8:30 @ Center School **Session 1:** Oct. 4, 11, 18, 25 Nov. 1, 8

ID Code: 0118.401

Session 2: Nov. 15, 22, 29 Dec. 6, 13, 20

ID Code: 0118.402

Fee: \$40 per session

This intelligent workout focuses on a strong, centered, well coordinated trunk so that athletes and exercisers alike can perform activities safely and effectively with more strength, balance and control. The workout combines cardiovascular, strength, endurance, conditioning resistance training components to improve the way your body looks, moves and feels...faster than you thought possible. Bring a sticky yoga mat, water bottle, stability ball and /5, 8 and/or 10lbs weights. This equipment may be kept at Center School. Pre-registration is required. Full Payment is required at time of registration. Fees may be pro-rated. No Credits unless documented illness mitigating or circumstances.

Recreational League Basketball —Grades 3-8

Registration: October 2—November 27

Recreational League Fees: \$60—(1 child); \$100—(2 children); \$135—(3 or more in family)

Recreation League Team Selection Policy: Games played on Saturdays and/or Weeknights; times and locations pending final enrollment.

- Team Selection: All players will be reselected each athletic season for the Recreation Division League.
- <u>Team Placement Requests:</u> All requests to have a player either removed or placed on a certain team MUST be made in WRITING at least 2 days prior to the actual league draft.
 - A Parent/Guardian may request that their child be placed on a certain team, but only due to extreme hardship, such as: transportation, personal issues. Requests are not guaranteed.
 - A written request is required if a parent/guardian wishes to have their child move up one division. Placement is based on: safety, skill level and available roster space.

Recreation League Evaluation Clinic Dates Saturday, December 2, 2006

Boys @ Ellington Middle School	ID Code	Time	
3rd & 4th grade	1104.101	8:30 am— 9:30 am	
5th & 6th grade	1105.101	9:45 am—10:45 am	
7th & 8th grade	1106.101	10:45 am—12Noon	

Girls @ Windermere School	ID Code	Time
3rd & 4th grade	1107.101	8:30 am— 9:30 am
5th & 6th grade	1108.101	9:45 am—10:45 am
7th & 8th grade	1109.101	10:45 am—12Noon

Boys & Girls Instructional Youth Basketball—Ages 4 years—2nd Graders

Saturday Mornings @ the Ellington Middle School

Registration: October 2-December 1

Program Dates: Dec. 9, 16, 23, 30; Jan. 6, 13, 20, 27; Feb. 3, 10 Fees: \$30—1 child; \$45—2 children; \$62—3 or more children



Boys & Girls @ Ellington Middle School	ID Code	Time	
2nd graders (as of 12/31/06)	1110.101	8:30 am— 9:30 am	
1st graders	1111.101	9:30 am—10:30 am	
Kindergarten	1112.101	10:30 am—11:30 am	
4 Year olds	1113.101	11:30a.m.—12:15pm	



All Youth Basketball Registration will be taken during Regular Office Hours:

Monday: 8:30 am—6pm; Tuesdays—Thursdays: 8:30am—4:00pm; Fridays 8:30 am—1:30 pm

BASKETBALL OFFICIALS: The Recreation Department is providing a mandatory pre-season basketball official's clinic, a combined classroom and floor mechanics format, to all youth and adults ages 14 and up. The Central Connecticut Board (#6) of approved (IAABO) basketball officials organization will be providing clinicians/rule interpreters for the classes. The classes are slated to be held between the <u>second week of November to the first week of December</u>. Pre-registration by calling the Recreation Office at 870-3118.



Travel Basketball Information

To be eligible for selection a player MUST attend a minimum of 2 tryouts.

Travel team tryout policy: The Travel Teams will be registered for boys and girls in grades: 5th, 6th, 7th and 8th, provided enough players are registered to provide recreation division teams. A player selected to a travel team may choose to play on a recreation team as well, but is NOT required to play both. (Parents: If a decision is made to have your child compete on both a recreation and travel team, please keep in mind that the participating player MUST complete his/her commitment to the recreation team. Failure to do so may result in removal from the travel team. Consider the weekly practice schedule along with the game schedule before making a final decision, which has a deadline of November 30.

Travel Team TRYOUTS will be held between October 16 and November 9. An updated schedule will be distributed through the public schools, media outlets, and our website www.ellington-ct.gov. the uniform. return the complete unif

Boys Travel ID Code

5-6th Grade 1114.101 7th Grade 1115.101 8th Grade 1116.101

Girls Travel ID Code

5-6th Grade 1117.101 7-8th Grade 1118.101

Travel Team Fee:

\$125 includes Board Officials, Timers, Scorers and Custodial Fees. Plus each player must submit a separate check to the Coach in the amount of \$25 for the uniform. The Coach will return the check once the complete uniform is returned at the end of season.

Introductory Lacrosse Clinics & Parent Meeting

Grades 3-8

Co-ed clinics that will concentrate on the basic fundamentals and each child will be provide with some off-season workout drills.

A brief parents meetings will be held at the conclusion of the clinics with agenda covering: winter indoor clinics and the proposed Spring/2007 season. The recreation department would like to offer teams in grades 3 though 8 for both boys and girls in the spring.

Parental assistance is needed in order for the program to expand. Please contact Bob Tedford at the recreation office if you are interested in assisting or have suggestions relative to fundraising or equipment/uniform support.

Grades 3-8 **Fee:** \$30

Time: 11am-12:30pm

Dates: Sept. 23, 30 Oct. 7, 14, 21, 28

Place: Brookside Park Instr.: EHS Lacrosse

Coaching Staff

ID Code: <u>05</u>01.401

Saturday Workouts

The Ellington Recreation Department in conjunction with Alpha Fitness present a series of six weekend workouts. The outdoor co-ed group sessions will take place on **Saturday mornings from 9-10:30 am** beginning September 9. Each session has a different training theme and venue. Participants should be able to jog two miles in order to complete these fun and challenging workouts. Carpooling opportunities will be available.

September 9 Football workout
September 16 Volleyball Conditioning
September 23 Beach Workout
September 30 Boxing Workout
October 7 Boot Camp Workout
October 14 Hike-Climb-Run Workout

Complimentary fitness assessments are offered at the Alpha Fitness studio. These assessments include three body composition tests; a 14 point flexibility evaluation and cardiovascular endurance, strength, core stability and body alignment tests. Results are used to develop training goals and recommendations for changes in lifestyles, nutrition and fitness.

To register for the Saturday workout series or to make arrangements for a complimentary fitness assessment, Call Joanne Britton or Doug Dorsey at Alpha Fitness: 860-432-9997

Age: 14+ Up

Nutrition for Athletes Seminar

Date: October 25 **Time**: 6:30-8pm

Place: Windermere School

Fee: \$5 per family **ID Code:** 1103.403

Athletes: nutrition and the role it plays in the overall health, hormone balance, energy level, and cognitive ability (think) behavior, athletic ability and performance (hand/eye coordination) healing ability (sickness and injury), etc.

The points of emphasis will revolve around providing children and parents with some clear information on how their everyday eating/nutrition habits contribute to all these aspects of their lives and health.

Preregistration required.

Presenter: Gene Gresh, R.Ph., FIACP



